Welsh rabbit

4 tablespoons flour
2 tablespoons butter
2 cups milk
½ pound grated Cheddar cheese
1 teaspoon dry mustard
1 teaspoon Worcestershire sauce

Melt butter in a double boiler. Add flour and when smooth stir in milk. Add Worcestershire sauce. Toss mustard with grated cheese and add to sauce while stirring until cheese melts. Serve over toasted bread or English muffins. Makes 4 servings.